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Extension Home Economics

HOW IT WORKS



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MODERN HOMEMAKING

Today's homemaker faces constant decisions—what to buy; how to budget the family income, care for the children, stretch her time and energy to cover everything that must be done.

She seeks reliable, unbiased information to help her with her job. Extension home economists supply sound facts based on scientific research from university and government sources.

The modern homemaker also searches beyond the home horizon. She wants to understand the problems of her community, her Nation, and the world. Home economics Extension programs give her learning opportunities that make her a better citizen as well as a wiser homemaker.

EXTENSION PROGRAMS

Extension Home Economics is an adult education program for the homemaker. It reflects the needs of contemporary living, with emphasis on consumer education, management, and family economics.

It is the home economist in the county Extension office who carries this educational program to homemakers. She is professionally trained, holds a college degree and may be studying for another. She also gets information from specialists located at her State land-grant university. These specialists are trained in nutrition, family economics, home management, housing and home furnishings, clothing and textiles, human relations, child development, and other fields.

The Extension home economist reaches the homemaker and her family with an educational program designed to reflect their needs at different stages of the life cycle. In planning the program, the county home economist consults with community leaders to learn their views on local problems and needs. Thus the program varies, from place to place, from age group to age group, from one income group to another, depending on the problems to be solved through the educational program.

Extension programs fall into the following broad areas . . .



EXTENSION HOME ECONOMICS is an avenue to . . .



Consumer Education

Extension provides unbiased consumer information that will help families get the most satisfaction from the money they spend for goods and services. It also helps homemakers make better use of the things they buy. Home economists teach them how to use credit wisely, show them how our economic system functions—how it affects them as consumers.

Young people are important consumers. Home economics programs help them think through their values and learn to consider the budget needs of the rest of the family.



Management

Management education helps the homemaker consider family life as a whole and the ways that family goals can be reached. She learns to apply the "decision-making process" in her daily life. Through home management education, a homemaker learns to make efficient use of time, energy, and money, for better living for all the family.



Housing and Home Furnishings

The homemaker hopes to create an environment in which she and her family can develop their highest potential. Extension programs teach her the economic and social aspects of housing, how to plan space requirements, how to create home beauty and comfort. She learns how to select durable, labor-saving, and attractive furnishings and equipment at a price that fits the family budget.



Child Development and Human Relations

From Extension home economists, homemakers learn about the growth of individuals and their relationships with others. They study the *whole* person, the *whole* family, and the *whole* community.

Programs include teaching parents more about . . .

- Children, with emphasis on their developmental needs and tasks in a changing society.
- Family relationships at different stages in the life cycle.
- Community resources that can help them.



Clothing

Clothing affects the health and efficiency of all the family. It has social and psychological meanings important to the development of individuals.

Extension clothing programs may include . . .

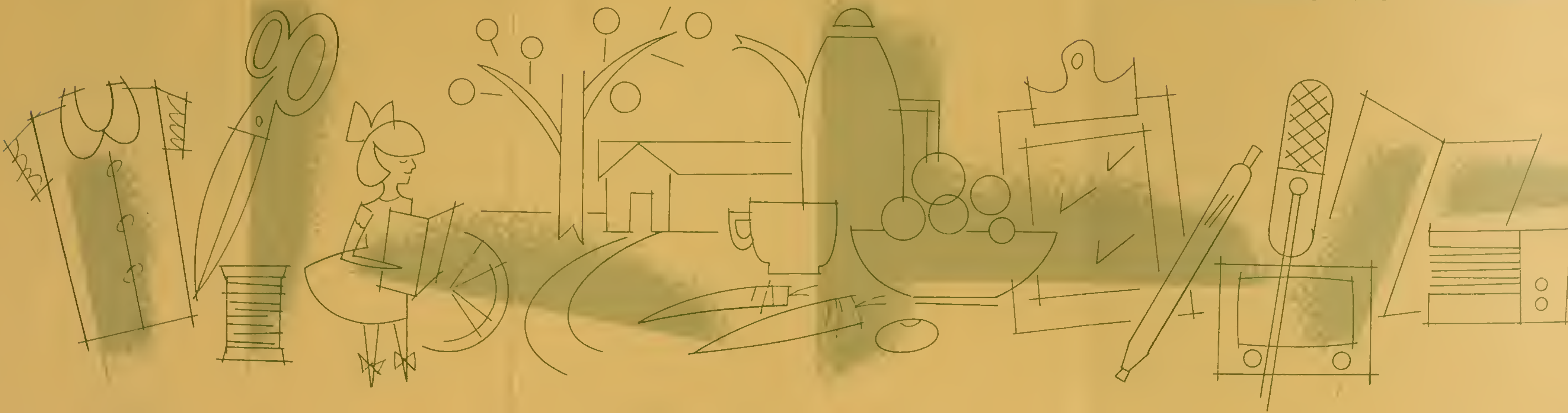
- Selecting clothing for specific uses.
- Improving personal appearance.
- Managing and maintaining the family's wardrobe.
- Home sewing



Nutrition Education

Physical fitness, an important national goal, depends greatly on good nutrition. Teenagers—especially girls—have the poorest food habits and the worst nutrition of any family member. Overweight is another problem. Mothers with young children, and older people, eat too few of the foods they need.

Extension home economists are giving homemakers new ideas for better meals; are teaching them more about nutrition for young and old, more about planning, buying, and preparing food.



REACHING HOMEMAKERS

Extension home economists reach homemakers through . . .

- Workshops, forums, discussion groups.
- Meetings with organized homemakers' groups.
- Special interest groups.
- Mass media (newspapers, newsletters, radio, TV).
- Home visits.
- Training lay leaders.

The county Extension home economist shares knowledge with teachers, social workers, public health nurses, and many others concerned with the community and its families.

VOLUNTEER LEADERSHIP

Leaders in the community give their time to learning from the Extension professional staff. They use this new knowledge and these skills to teach their friends and neighbors. These local leaders may appear with the Extension home economist on radio or television programs. Or they may organize "television viewing groups" and lead discussions on subjects the home economist covers.

More than a million volunteers now assist with home economics Extension work.

ORGANIZATION

Extension home economics is a part of the Cooperative Extension Service, established by Act of Congress in 1914 to help "the people of the United States" improve their farms, homes, and communities.

The U.S. Department of Agriculture and the State and county governments make up a three-way partnership to share in financing this national out-of-school educational program, but the work of Extension home economists is always tailored to local needs.

FOR MORE INFORMATION about Extension Home Economics, write to the Extension Home Economics Leader at your State land-grant university. Here are the addresses:

ALABAMA—Auburn University, Auburn, 36830.
ALASKA—University of Alaska, College, 99735.
ARIZONA—University of Arizona, Tucson, 85721.
ARKANSAS—University of Arkansas, Little Rock, 72203.
CALIFORNIA—University of California, 2200 University Avenue, Berkeley, 94720.
COLORADO—Colorado State University, Fort Collins, 80521.
CONNECTICUT—University of Connecticut, Storrs, 06268.
DELAWARE—University of Delaware, Newark, 19711.
FLORIDA—Florida State University, Tallahassee, 32306.
GEORGIA—University of Georgia, Athens, 30601.
HAWAII—University of Hawaii, Honolulu, 96822.
IDAHO—University of Idaho, Moscow, 83843.
ILLINOIS—University of Illinois, Urbana, 61803.
INDIANA—Purdue University, Lafayette, 47907.
IOWA—Iowa State University, Ames, 50010.
KANSAS—Kansas State University, Manhattan, 66504.
KENTUCKY—University of Kentucky, Lexington, 40506.
LOUISIANA—Louisiana State University, Baton Rouge, 70803.
MAINE—University of Maine, Orono, 04473.
MARYLAND—University of Maryland, College Park, 20742.
MASSACHUSETTS—University of Massachusetts, Amherst, 01003.
MICHIGAN—Michigan State University, East Lansing, 48823.
MINNESOTA—University of Minnesota, St. Paul, 55101.
MISSISSIPPI—Mississippi State University, State College, 39762.
MISSOURI—University of Missouri, Columbia, 65202.
MONTANA—Montana State College, Bozeman, 59715.
NEBRASKA—University of Nebraska, Lincoln, 68503.
NEVADA—University of Nevada, Reno, 89507.
NEW HAMPSHIRE—University of New Hampshire, Durham, 03824.
NEW JERSEY—Rutgers—The State University, New Brunswick, 08903.
NEW MEXICO—New Mexico State University, University Park, 88070.
NEW YORK—Cornell University, Ithaca, 14850.
NORTH CAROLINA—North Carolina State of the University of North Carolina, Raleigh, 27607.
NORTH DAKOTA—North Dakota State University, Fargo, 58103.
OHIO—Ohio State University, Columbus, 43210.
OKLAHOMA—Oklahoma State University, Stillwater, 74075.
OREGON—Oregon State University, Corvallis, 97331.
PENNSYLVANIA—The Pennsylvania State University, University Park, 16802.
PUERTO RICO—University of Puerto Rico, Rio Piedras, 00927.
RHODE ISLAND—University of Rhode Island, Kingston, 02881.
SOUTH CAROLINA—Clemson University, Clemson, 29631.
SOUTH DAKOTA—South Dakota State University, Brookings, 57007.
TENNESSEE—University of Tennessee, Knoxville, 37901.
TEXAS—Texas Agricultural and Mechanical University, College Station, 77841.
UTAH—Utah State University, Logan, 84321.
VERMONT—University of Vermont, Burlington, 05401.
VIRGINIA—Virginia Polytechnic Institute, Blacksburg, 24061.
WASHINGTON—Washington State University, Pullman, 99163.
WEST VIRGINIA—West Virginia University, Morgantown, 26506.
WISCONSIN—University of Wisconsin, Madison, 53706.
WYOMING—University of Wyoming, Laramie, 82071.

Cooperative Extension Work: U.S. Department of Agriculture
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